

## Smoked haddock kedgeree

Whether it's a hearty breakfast a light lunch or a healthy dinner this delicious meal is perfect. Khichri the original dish has been traced back as far as 1370 in India. It was then brought to the UK in 1800's where it seemed the Victorians had a taste for a curry, and this became a popular breakfast dish for the upper classes. Like most things in cooking this is a versatile dish you can add a little spice with some dry chili, instead of a hardboiled egg I like to do a poached egg so that rich yolk goes into the rest of the sauce

### Ingredients:

100g butter  
150g basmati rice  
300ml salted water  
1 tub smoked haddock chowder  
2 hardboiled eggs peeled and quartered  
2 tablespoons of ginger finely chopped  
2 large shallots thinly sliced into rings  
2 level tablespoons curry powder  
¼ bunch of Sandys coriander roughly chopped

### Method:

#### The Rice

- Rinse the rice in cold water until the water runs clear
- Warm 50g of butter and coat the rice in the warm butter
- Add the water and a pinch of salt
- Bring the water up to a steady simmer slowly, as soon as it bubbles place a lid on it and cook very slowly for about 10 mins
- After 10 mins take the lid off, if there is any water left in the pan take it off the heat replace the lid for a further 3 minutes let the rest of the water get absorbed

#### The Sauce

- Add the rest of the butter to a suitable saucepan and heat gently until it starts to foam and bubble
- Add the shallots, a pinch of salt, ginger and curry powder to the saucepan and cook while stirring occasionally for about 10 minutes. You may need to decrease the heat you don't want to burn the curry powder.
- Add the chowder to everything else and bring it to the boil
- To finish, add the chopped coriander to the sauce, add the eggs to the rice, pour over the sauce.

### Tip:

If the rice is done before the sauce just clingfilm the rice in the warm pan but take it off the heat. If you want to do a poached egg I like to do them in a deep sauce pan with about 10% white wine vinegar to water and use nice fresh fridge cold eggs to get that nice shape

